

The Lindau Letter

June 2004

Volume 4, Edition 3

The Newsletter for the US Delegation to the Lindau Meeting

Your names are now linked to the Lindau Meeting Home Page site at www.ornl.gov/lindau2004. Check it out! Once we arrive in Washington, DC, we'll get pictures of all of you for posting on the site as well. Don't forget to notify your family and friends that they can follow your journey on the Web site by clicking on 2004 Trip Report. We'll be posting pictures daily.

HOTELS

The following are the Web sites for our hotels:

Washington, DC, June 23 and/or 24, 2004:

Holiday Inn Capitol

<http://www.holidayinn.capitol.com/>

We will contact you soon about travel from your arrival airport to this hotel.

Munich, Germany, June 26 and July 2, 2004:

Munich Marriott Hotel

<http://marriott.com/property/propertyPage/MUCNO>

Lindau, Germany, June 27-July 1, 2004

We will have three hotels in Lindau in order to accommodate our large group. We will let you know in our June mailing to which hotel you are assigned, so you can provide contact information to your family and friends. The three hotels are:

Brugger – Hotel Garni

<http://www.hotel-garni-brugger.de/>

Hotel Möve

<http://www.hotel-moeve.de/default.htm>

Hotel-Pension Seerose

<http://www.seerose-lindau.de/1024.html>

MORE ABOUT THE 54th MEETING

See the PDF file attached to the e-mail delivering this newsletter or visit the Web site at:

<http://www.lindau-nobel.de/splash.asp?sprache=1> Click on Meetings, Next Meeting, Scientific Program or Social Program.

SOME HELPFUL TRAVEL NOTES

Packing suggestion: Aside from packing light, the best advice I can give you is to bring a complete change of clothes with you in a carry on bag along with those items you just can't do without (toiletries, medications, etc.). That way, you'll have something to tide you over if your luggage gets lost en route. It could happen! One person who experienced this on one recent trip decided it was definitely the way to travel – he bought some underwear and an extra shirt or two and felt unencumbered for the entire trip.

You might agree, but in case you don't, bring the important things with you in your carry-on bag. For more specific information on regulations on carry-on and checked baggage, please visit the Web sites for the airlines you will be using.

US Airways	http://www.usairways.com
United	http://www.united.com
Delta	http://www.delta.com
Continental	http://www.continental.com
Northwest	http://www.nwa.com
American Airlines	http://www.aa.com
ATA	http://www.ata.com
Midwest	http://www.midwestairlines.com
Amtrak	http://www.amtrak.com

Even though we will eventually be traveling to Germany, please use the domestic guidelines for your luggage plans. If you have any questions, please contact Sam (helds@orau.gov or 865-576-8223) and he will try to assist you. A rough guideline for luggage is the following:

Maximum of two checked bags free of charge. Each free checked bag cannot exceed 50 lbs. and 62 inches in total linear length (height + width + length). (Note: ATA and Midwest accept up to 70 pounds per bag.) You are also permitted one carry-on bag and one personal item (camera bag, purse, briefcase, laptop, and small backpack) for free. Carry-on bags cannot exceed 45 linear inches. All other baggage is subject to excess weight, excess baggage or oversized baggage fees. These can be quite expensive. It is suggested that valuable items such as electronic equipment, cameras, film, cash, jewelry, medication, prescriptions, and keys in carry-on bags. They are strict with medication being in a labeled bottle. Also, Amtrak requires no less than thirty minutes before departure for checked baggage to insure arrival to your destination with no delay, and there is no excess weight baggage allowed. Amtrak does allow two carry-on bags plus the personnel item.

Packing light is essential. You will be responsible for carrying your own luggage on all segments of the trip. In our Lindau hotels where elevators are not an option, this will include carrying baggage up one or more stories.

Jet lag: We will be traveling over six time zones to get to Germany (time there is six hours later than EDT). That's enough to impact your biological clock and your sense of well being. For information on dealing with jet lag, see the following site: www.anl.gov/OPA/news04/news040220.htm

Healthy travel tips: www.usairways.com/travel/intl_travel/healthy_travel.htm

International travel documents: www.usairways.com/travel/intl_travel/documentation.htm. We suggest that you have a safe place to carry your passport and that you plan to keep it on your person AT ALL TIMES.

Access to currency while abroad: The following is from a newspaper article about access to currency while overseas:

Q: Our son traveled to Australia, and a week after he left Bank... called him at our house about unusual activity on his credit card, which he was using for ATM access and as a charge card...we assured Bank...that he was in Australia and that the charges were legitimate. But it suspended his card anyway, leaving him without access to funds for four days...

A: First, it's never a good idea to rely on one source of funds when traveling. Bring a credit card, an ATM debit-type card, a little money in travelers checks, and so on/... To avoid tripping a "fraud alert" in

the future, before making a trip (or making purchases outside your normal “spending profile”). Call or write the issuing bank and let it know your plans. That way, it won’t suspend your account when it sees unusual activity.

ATM cards that are part of the CIRRUS or PLUS networks will work in Germany. But just in case there’s something wrong with the magnetic strip on your card, or there’s some unforeseen problem, we seriously recommend that you have some backup method of getting funds.

Cell phones: In Europe, cell phones have to be able to use the GSM standard; most phones used in North America don’t have this capability, though most of the U.S. cell phone companies have it at least as an option. Phones can be rented at the airport on arrival in Munich, or can be rented in the U.S. to take along (the latter costs somewhat more). If you have a GSM phone, you will need to register with your cell phone company for international roaming before you can use it in another country. There are several GSM networks in the US, so check with your cell phone company to insure that it works on the European GSM networks. This should be the case, but it is worth checking to be sure.

Frequent Flyer miles: You are entitled to keep the Frequent Flyer miles that you will accrue on this trip. Since both US Airways and United are members of the Star Alliance, you can get credit for the miles no matter which flight you have or which airline holds your miles. In addition, if you are in a silver or gold category with either airline, you will have access to the Star Alliance Clubs at the airports.

Travel guide recommendation: For those of you who are looking for an excellent guidebook, the following is recommended by our DOE sponsor, Dr. Roland Hirsch who has traveled extensively in Germany. This book includes excellent information about what to see in Munich, as well as two pages about Lindau, and has useful information about food and other practical advice.

Isabella Galicka and Katarzyna Michalska, *Munich and the Bavarian Alps*. DK Eyewitness Travel Guides. New York and London: Dorling Kindersley Publishing, Inc. 2004.

Don’t be shocked: You may discover that, as a result of recent world events, Americans are not well regarded in other parts of the world. You may encounter anti-American sentiments, hear jokes or negative comments about America, its leaders, and policies, or you may be the object of blatant examples of discrimination. For the most part, the people you meet will be friendly, and if you are the same, there will be every reason for people to get a positive impression of Americans. You will be great ambassadors!

Don’t be a target: For your safety while abroad, consider avoiding American logo clothing, athletic shoes and other items or behaviors that may mark you as an American target. For information on the areas you will be traveling, we suggest you visit the Department of State for safety suggestions for students, http://travel.state.gov/spring_break.html. If you are traveling after the meeting, you may also want to view the Consular Information sheet for the countries you will visit. They are listed alphabetically at <http://travel.state.gov>. The Consular Information Sheets contain information on laws (driving laws if you will rent a car), documents required for entry into the country, and other information.

More information will be Fedexed on June 9 along with your in-lieu-of-per-diem checks. Before then, make sure we have a valid street address (no P.O. boxes) for this mailing.